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allergens better than a feather duster. And a clever all-around design features 50% more fibres than regular Swiffer Dusters, allowing it to lock dust away.

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Start your engines

The first annual Capital Karting Grand Prix is coming to Karters Korner, at 6336 Fallowfield Rd., July 25-26. If the go-karting races are anywhere near as popular as elsewhere in North America, Stittsville can expect thousands of spectators and racers.

TORSTAR NEWS SERVICE

'The time is now': Deans

ALBION-HEATHERINGTON

Councillor aims to revitalize low-income neighbourhood

 **Lucy Scholey**
Metro | Ottawa

A low-income neighbourhood in Ottawa's south end will serve as the pilot site for a new "revitalization and redevelopment" project.

Gloucester-Southgate Coun.

Diane Deans wants Albion-Heatherington to become the city's first mixed-income neighbourhood and, on Tuesday, she won the planning committee's approval to turn the community into the project site for the 2015-2018 strategic initiatives.

"Other communities across North America have done this," Deans told the committee. "Ottawa has not."

The neighbourhood is home to families of lower-than-average incomes, a higher-than-average number of single parents and a higher percentage of immigrants. It has twice the city's average population density.


It will be to the benefit of the whole city.
Kitchissippi Coun. Jeff Leiper

Council is considering 63 strategic initiatives for the next four years — ranging from a taxi regulation review to splash pad upgrades — totalling \$37.4 million.

Included in that is the plan to invest \$250,000 in a program "aimed at improving the health, vibrancy and livability of low-income neighbourhoods."

That could involve public-

private partnerships and redeveloping vacant lands.

Cumberland Coun. Stephen Blais, who was one of three to vote against Deans' motion (seven voted in favour), called the project "well-intentioned," but he asked for a review of all possible opportunities for the pilot project. Others around the table argued the city has to start somewhere.

Barrhaven Coun. Jan Harder, the planning committee chairwoman, said the Albion-Heatherington community is prime for the pilot project, partly because of its existing amenities.

After a recent council amend-

ment, the nearby Walkley Road, from Heron Road to Bank Street, will be transformed into a bustling arterial main street.

And there's available land.

The city of Ottawa currently owns a vacant eight-acre lot on 1770 Heatherington Rd.

Hydro Ottawa is also looking to sell a separate portion of its land in the area.

Deans is keen to see the project move forward before the company sells its property to someone else.

"The time is now," she said.

The strategic initiatives, including Deans' amendment, will go to council for consideration.



This map shows the planned LRT line and the current location of the main branch of the Ottawa library. The city is mulling a site just west of downtown for a new library building. COURTESY CITY OF OTTAWA

Keep main library downtown: Union

RELOCATION

Planned new location is on Wellington, at edge of core

The union that represents workers at the Ottawa Public

Library says moving the central branch out of the downtown core would be a mistake.

"There's some real concerns with location and how it's going to be built and financed," said Susan Arab, a spokeswoman for the Canadian Union of Public Employees.

Last week, a report was re-

leased suggesting that rather than renovate the current main branch at 120 Metcalfe St., an entirely new, bigger building should be built in a different location.

The board is still considering whether to enter a private-public partnership to build it and is still deciding on a final location. The pre-

ferred spot, 557 Wellington St., at the north end of Bronson Avenue, is on the edge of the downtown core.

"The people that use the library need to be front and centre," said Arab.

She said many of the people currently using the main branch live within the core, where density is high-

est. Moving the library farther out, despite it being near new condo projects, would leave those residents behind.

"It seems like the decisions made (Tuesday night) might push us into a certain direction — into a private-public partnership and a location that is not in the downtown core — without having gotten

feedback from the public," she said.

While there was considerable public consultation on the new library, discussion was geared toward services, according to Arab.

She'd like to see residents consulted on location and financing before the final decision is made. HALEY RITCHIE/METRO

Room for improvement

At a public consultation on March 31, more than 150 Ottawa residents pitched their ideas for what a new central library could offer. The current main branch at 120 Metcalfe St. was built in the 1970s and has been criticized for inaccessibility and a cramped, dark interior. Suggestions made to improve the space included:

Haley Ritchie METRO

1 ARTS AND CRAFTS

No one will be shushing you in this area. Ideally, the new library would offer a public space to see and make community theatre, dance, music or film.



2 OUTDOOR SPACES

People at the consultation mentioned the need for outdoor spaces accessible within the library. The spaces would be flexible, with room for public art, gardening, reading and seating.



3 ACCESSIBILITY

The current library has been criticized for lagging behind on accessibility. The new building would be based on modern guidelines in the Ottawa Accessibility Design Standards.



4 COFFEE LOUNGE

While the current downtown building offers fast food and coffee a quick walk down the street, the new library would have a coffee lounge inside the library itself. Food and beverage options would likely be managed by a third-party vendor; the report recommends a local, independent provider that could offer healthy international food.



5 THE OTTAWA CENTRE

A special space a little more stately and traditional than the rest of the library, the Ottawa Centre would be dedicated to the city's history and residents. This would be a space to build your family tree and learn more about Ottawa.



6 CREATION SPACE

Probably the most open-ended of all the suggestions were those under the "creation space" category. The original main-branch library was built in a pre-Internet world — safe to say there wasn't space set aside in 1973 for cutting-edge tech like 3D printers, green screens or book-printing stations.





Bees gather around a hive at Historic Johnson Farm in Hendersonville, N.C. on Jan. 22. Honeybee populations have been in severe decline for more than a decade, apiarists say, thanks to a combination of pesticide use, loss of foraging habitat, climate change, parasites, viruses and predatory insects. MIKE DIRKS/THE ASSOCIATED PRESS

Province set to curb bee-killing pesticide

AGRICULTURE

Ontario first in North America to limit seeds with chemical

Ontario is moving to take the sting out of pesticides that are killing bees.

On July 1, the province will become the first jurisdiction in North America to begin reducing the number of acres planted with neonicotinoid-coated corn and soybean seeds.

Agriculture Minister Jeff Leal

said by 2017, the new rules should curb the acreage planted with such seeds by 80 per cent.

"Farmers are environmental stewards of their land and this regulation will enable our province's farmers to strengthen their approach to protecting their crops," Leal said in a statement Tuesday.

The pesticide hinders the ability of bees — and 400 other pollinator species like birds and butterflies — to

60%

the amount of soybean seed sold in Ontario that is currently treated with neonicotinoid insecticides.

navigate, feed, or reproduce. It's also blamed for making them more susceptible to illness.

In the winter of 2013-14, Ontario beekeepers lost a staggering 58 per cent of the province's honey bees — well above the 15 per cent depletion that is considered sustainable and acceptable. As of next month, new rules will be in place for the sale and use of neonicotinoid-treated seeds. Only farmers who can pro-

vide evidence of pest problems will be permitted to use them.

Environment and Climate Change Minister Glen Murray said the government must take "necessary action to protect these vitally important species and the ecosystems they support from the effects of neurotoxic neonicotinoids."

But the phase-out will be a challenge — almost all the corn seed and 60 per cent of soybean seed sold in Ontario is currently treated with neonicotinoid insecticides. The reduction measures are to take effect in time for 2016 planting season.

TORSTAR NEWS SERVICE

CITY PLANNING

Ambassador project gets mixed reviews

 **Lucy Schooley**
Metro | Ottawa

Several Ottawa city staffers have new roles as one-on-one liaisons for developers, but several councillors have said they are worried this will give private development firms an unfair advantage in the planning process.

The city has launched a six-month pilot project designed to give planning staff "client relationship leader" roles.

Paired up with the city's 20 major development firms, they would help them navigate the planning process.

"Staff will act as a communications link between the management staff and with the industry that they are working one-on-one with," Lee Ann Snedden, chief of development review services, told reporters following the planning committee on Tuesday. She said she polled the office and most were in favour of the volunteer leadership project. It would not take away from regular plan-

ning duties, she said.

At the meeting, Rideau-Rockcliffe Coun. Tobi Nussbaum expressed concern this new project would close the door to other stakeholders in the planning process — including residents — while Kitchissippi Coun. Jeff Leiper raised concerns about transparency.

Snedden said this would not put developers at an unfair advantage. Rather, she said, it would take the day-to-day responsibilities off the planning management's hands. Any "major issues" would still be

brought to the managers, however. The identities of the client relationship leaders should also be made public, she said.

Cumberland Coun. Stephen Blais said the project "is a way to cut red tape" because applicants can send emails to their assigned staffers rather than bog down management.

Planning committee chair Jan Harder also hailed the initiative as one that could create a more efficient planning process — although that remains to be determined at the end of the six-month pilot.

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Common policy for senators to sign blank claims: Staffer

SENATE SCANDAL

Duffy assistant describes what was standard practice

Mike Duffy's former executive assistant shed light on the inner workings of his office Tuesday as she took to the witness stand for a second straight day.

Melanie Mercer, a former political staffer, started working in Duffy's office following his 2009 Senate appointment and left when he was suspended from the upper chamber in 2013.

She was asked to describe what she said was common practice in the office: having Duffy sign blank travel claims in order to facilitate paperwork.

Mercer said two aides from other senators' offices suggested the strategy as they showed her the ropes during a shadowing process set up by Senate administration.

"I took their advice and followed it," she said. "At the time, I thought it was very practical. I didn't think anything of it at the time."



Suspended senator Mike Duffy arrives at court in Ottawa last Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

"In doing this, did you have any intent to defraud the Senate administration or Senate finance?" Bayne asked.

"Not at all," Mercer replied.

"You didn't do it secretly. You did it just because

that was the process recommended," Bayne said.

"Correct," Mercer said. "I would not have even thought of doing that had I not been given that advice."

On Monday, Crown prosecutor Mark Holmes asked

**At the time,
I thought it was
very practical.**

Melanie Mercer

the former aide to review some of the travel forms she filled out, including paperwork for a trip where Duffy appeared to attend a medical appointment.

Mercer testified she completed forms based on in-

formation provided by the senator and from information logged in his daily calendar.

Duffy has pleaded not guilty to 31 charges of fraud, bribery and breach of trust.

THE CANADIAN PRESS

5 QUESTIONS ABOUT REFORMING OR ABOLISHING SENATE

A long-awaited audit of senators' expenses being tabled today in the Senate is expected to trigger long-standing questions about the upper chamber and what it would take to implement wholesale changes — or abolish it altogether.

THE CANADIAN PRESS

1 What would it take to reform the Senate?

In a landmark decision last year, The Supreme Court of Canada advised that even modest reforms — such as imposing term limits or a non-binding election process for choosing senators — would require a constitutional amendment approved by both the House of Commons and the Senate and at least seven provinces with 50 per cent of the country's population.

2 What would it take to abolish the Senate?

The Supreme Court said that

would require a constitutional amendment approved by both houses of Parliament and all 10 provinces.

3 Could the Senate be indirectly abolished by refusing to fill vacancies or choking off its funding?

No. The Supreme Court said the Senate's powers and the number of senators from each province are entrenched in the Constitution and can only be changed through formal constitutional amendment.

There is "no room for an indirect abolition of the Senate."

4 So why not amend the Constitution?

Easier said than done. There is no consensus among the provinces about reforming or abolishing the Senate. And it's unlikely constitutional negotiations could be confined to the Senate.

The Quebec government has said any talks would have to be expanded to deal with that province's "historical requests," such as recognition of its distinctiveness and more powers — the same divisive issues that nearly splintered the country during the Meech Lake and Charlottetown

constitutional initiatives two decades ago. First Nations leaders would also likely insist on aboriginal issues being part of the mix.

Nevertheless, NDP Leader Tom Mulcair says an NDP government would initiate constitutional talks with the provinces aimed at abolishing the Senate.

Prime Minister Stephen Harper and Liberal Leader Justin Trudeau both say there's no appetite for another round of divisive constitutional wrangling.

5 Can anything else be done without re-opening

the Constitution?

Trudeau has proposed measures aimed at returning the Senate to its intended purpose as an independent chamber of sober second thought. He's kicked senators out of the Liberal caucus and promised, if elected prime minister, to appoint a blue-chip advisory panel to recommend worthy, non-partisan appointments to the Senate in future.

Former prime minister Brian Mulroney has suggested senators could be appointed from lists of nominees recommended by the provinces.

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City responds to lawsuit over bus-train collision

LITIGATION

Statement says family claims are 'excessive'



Joe Lofaro
Metro | Ottawa

The City of Ottawa is deflecting the blame for the 2013 bus-train collision in a recently filed statement of defence, alleging Via Rail's negligence was a "contributing cause" of the fatal collision.

The city is also denying that Dave Woodard, the OC Transpo bus driver killed in the Sept. 18, 2013 crash, ignored the oncoming train at the Fallowfield Station in Barrhaven.

"If Mr. Woodard failed to see or hear the approaching train, this was due to the negligence of the railway responsible for the track, Via Rail," reads the statement of defence.

The collision also killed five bus passengers.

The statement of defence was filed last month in response to a civil lawsuit filed on behalf of the family of one of the deceased passengers, Michael Bleakney.

The six-page statement of defence requests the \$1.8-million lawsuit be dismissed.

The city also filed a second statement of defence in another lawsuit filed by the family of Robert More, who was also killed on the bus. His family is seeking \$600,000 in damages.

The damages and losses claimed from the families



Investigators gather near the scene of a collision between a Via Rail train and an OC Transpo bus on the morning of Sept. 18, 2013 in Ottawa. BRUCE CAMPION-SMITH/TORSTAR NEWS SERVICE FILE

are "excessive and too remote in law to be recoverable," according to the city's statement of defence.

The court document also states the city was not aware of any alleged deficiencies on the OC Transpo bus and it cannot be held liable for any mechanical failure.

"These defendants state that they maintained a reasonable system of inspection and maintenance of vehicles within the OC Transpo fleet," including the bus involved in the crash, according to the document.

Both of the statements of defence come before the completion of the Transportation Safety Board's final report on the crash.

In its preliminary report released last September, the Transportation Safety Board (TSB) said distraction and the speed of the OC Transpo bus may have been factors leading to the collision.

The TSB has not said when it is expected to release the full report.

The city has yet to file statements of defence in relation to other outstanding

\$1.8M

Value of the lawsuit filed on behalf of deceased passenger Michael Bleakney.

lawsuits filed since the September 2013 crash. None of the allegations have been proven in court.

David White, deputy city solicitor with the City of Ottawa, released a statement in

an email to Metro on Tuesday saying the city is not prepared to comment on the matter.

In a statement, Via Rail said it is currently reviewing the statement of defence submitted by the city.

"What we know is that the preliminary report following the investigation of the Transport Safety Board of Canada did not identify issues related to the train operation, the crossing signals or the tracks," wrote Via spokesman Maxime Dupont-Demers in an email to Metro.

TIMELINE

Sept. 18, 2013: A double-decker OC Transpo bus collides with the Via Rail train near the Fallowfield Station in Barrhaven, killing passengers Michael Bleakney, 57, Connor Boyd, 21, Karen Krzyzewski, 53, Kyle Nash, 21, Rob More, 35, and bus driver Dave Woodard, 45. More than 30 were injured.

Jan. 20, 2014: The first statement of claim is filed against the city on behalf of the family of Michael Bleakney. Bleakney's wife, Kathryn Bleakney, and their four adult children are listed as plaintiffs in the statement of claim. Several more lawsuits have been filed since then from victims' families and from those injured in the crash.

Feb. 12, 2014: Rail crossings at the site of the OC Transpo-Via Rail train crash experience problems after the signals failed to activate when a bus approached.

Sept. 24, 2014: The Transportation Safety Board releases its partial findings at its headquarters in Ottawa. The board's initial findings say the OC Transpo bus was travelling 7.6 kilometres over the posted speed limit and the bus driver may have been distracted prior to the collision. The board also recommended the city better monitor speed infractions near rail crossings.

July 11, 2014: The city retires route 76 in remembrance of the six people killed and replaces it with route 72.

May 13, 2015: The city reveals plans for a \$125,000 memorial park at the Fallowfield Park & Ride in Barrhaven, which will include a bosquet and a plaque dedicated to the six victims.

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Justice Minister Peter MacKay, on Tuesday at an Ottawa hospital lab, announces plans to protect Canadians' personal genetic information. THE CANADIAN PRESS

Feds aim to safeguard genetic info

LEGISLATION

Tory bill looks to combat misuse of data



Michael Woods
Metro | Ottawa

New legislation introduced Tuesday in Ottawa would prevent discrimination against Canadians based on their genetic test results, according to Justice Minister Peter MacKay.

In an announcement at the Children's Hospital of Eastern Ontario, MacKay said the bill demonstrates the Conservative government's commitment to protecting Canadians from the possible misuse of their genetic information.

With more and more Canadians learning their personal genetic information, concerns have grown about people having that data used against them.

For example, it could be more difficult for Canadians to get jobs or insurance if the information shows them at risk of developing a genetic disease.

Many other countries have laws in place to prevent such

discrimination.

MacKay called the bill a case of the federal government leading by example, and called on others to join.

"This will require action on the part of our colleagues at the provincial and territorial level," he said. "As well, private industry, including insurance companies, should be encouraged to follow our lead."

MacKay said the bill would also amend Treasury Board's policy on privacy protection "to place clear restrictions on how the federal government must manage the results of genetic testing to avoid discrimination in employment situations."

HUMAN RIGHTS

The legislation would amend Canada's human rights law to clarify that discrimination on the basis of genetic test results is prohibited. It would also provide more certainty that personal information protected by Canadian law includes genetic testing results.

IN BRIEF

Ottawa police confuse legit fundraiser for phone scam

Don't tell off the "fraudsters" calling you claiming to be from the Police Association of Ontario — Ottawa Police are now saying the group is participating in a real fundraiser.

Police released a warning Tuesday morning telling residents to ignore calls from the

PAO asking for donations. The police said it was a scam not associated with either the provincial association or the local association.

"This is contrary to information received last week," reads the release. "To this end, Ottawa Police is advising that there is no known scam with PAO at this time."

HALEY RITCHIE/METRO

FEDERAL COURT

'Stateless' man vows to fight for citizenship

A man who says the Canadian government has rendered him stateless is vowing to take his legal fight to the country's top court after the Federal Court of Appeal rejected his bid to be declared a Canadian citizen.

Deepan Budlakoti, 25, was born in Ottawa to Indian parents. Four years ago, at age 21, he was suddenly told that he's not a Canadian citizen, despite being issued a Canadian birth certificate and passport. He was

ordered out of Canada due to drug and firearms convictions.

He had asked that his citizenship be reinstated and argued that the government is infringing on his charter right to life, liberty and security of the person. The Federal Court ruled against him, and the Federal Court of Appeal upheld the ruling this week.

In the decision, a three-judge panel ruled Budlakoti isn't yet stateless because he can take steps to apply for citizenship in

The real substance of this case is what do you do with a stateless person?

Yavar Hameed, lawyer for Deepan Budlakoti

India and Canada.
Justice David Stratas, writ-

ing for the panel, said Budlakoti "must first try to obtain citizenship from the Indian and Canadian authorities. Those avenues have been practically and legally available to him for years. Yet he has refrained from pursuing them."

On Tuesday, a frustrated Budlakoti heavily criticized the "narrow" decision that he said fails to recognize his view that, in fact, he's stateless under international law. MICHAEL WOODS/METRO

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BLACKS TO CLOSE BLEAK PICTURE FOR PHOTOGRAPHY RETAILER A man walks past a Blacks photo store in Ottawa on Tuesday. The chain is closing its 59 Canadian stores as of Aug. 8. Parent company Telus says most of the stores are in Ontario and that they employ about 485 people. More coverage, page 13. JUSTIN TANG/THE CANADIAN PRESS

Provinces push for internal trade deal

BUSINESS

Consensus on cutting barriers within Canada called 'historic'

Canada's industry minister says the provinces and territories are more keen than they've ever been to ensure Canada is as open for business interprovincially as it is to the United States and Europe.

"To have less economic freedom within Canada than we consent to and have agreed to with the rest of the world is completely backwards," James Moore said following a meeting with provincial and territorial trade ministers.

The current provincial consensus on eliminating domestic trade barriers is a "very good moment" that follows years of sovereigntist governments in Quebec, overlapping provincial and federal elections and an array of disputes

among the provinces and territories, he said.

"This is really historic."

The trade ministers, meeting for the first time in four years to talk about renewing the 20-year-old Agreement on Internal Trade, said discussions to create a new deal are about halfway finished and there is a substantial amount of agreement between them.

Brad Duguid, Ontario's economic development minister, said he and his counterparts are well on their way to reaching an agreement by March and they'll meet at least once more before that.

The ministers also heard from members of the business community on Tuesday, who told them there are myriad regulations across the prov-

inces that get in the way of commerce, Duguid said.

The Canadian Federation of Independent Businesses (CFIB) wants a comprehensive, national trade agreement to eliminate what it calls "artificial barriers" that prevent the movement of goods, services and labour within Canada.

It wants changes so that when a product or service complies with rules in one province, it will be acceptable to all provinces, and that cross-border trade between provinces is permitted unless stated otherwise.

The CFIB also wants to see a faster and more direct approach to solving disputes about interprovincial trade.

THE CANADIAN PRESS

To have less economic freedom within Canada than ... with the rest of the world is completely backwards.

Industry Minister James Moore



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COURTS**Date set for sentencing of attempted wife-killer**

Lawyers set a date for a sentencing hearing for Chris Hoare, the Ottawa realtor found guilty of attempting to kill his wife in an April 2, 2014 attack with a baseball bat.

Hoare is scheduled to return to court on June 25 for the sentencing hearing.

Late last month, Justice Robert Wadden convicted

Hoare of attempted murder, aggravating assault with a weapon, assault, and choking.

Throughout the trial, the court heard the once-reputable real estate agent hid serious financial troubles from his wife before striking her in the head multiple times with a Little League baseball bat and placing a cloth over her face.

JOE LOFARO/METRO

RECREATION**Water facilities open**

Break out the sunscreen, Ottawa.

The city's splash pads are now open and outdoor pools are set to open this Saturday just in time for what is supposed to be a warm and sunny weekend.

The splash pads will be open from 8 a.m. to 8 p.m. now through September, while wading pools will open either on June 19, 26, or July 1, depending on each location.

Environment Canada is forecasting a high of 28 C on Saturday and 26 C on Sunday.

day and 26 C on Sunday.

And if hot sand and waves are more your thing, lifeguards will be posted at city beaches beginning June 20 until August 16, from noon until 7 p.m.

Daily water test results will be posted on Ottawa.ca and on the @OttawaHealth Twitter page.

The city is also reminding residents that smoking and vaping are prohibited on all city properties, including beaches.

JOE LOFARO/METRO



Fully operational Methyleneedioxy-Methamphetamine (MDMA) clandestine laboratory. RCMP HANDOUT

Police bust 'large-scale' MDMA lab

DRUGS

Stockpiled drug enough to produce a million pills



Joe Lofaro
Metro | Ottawa

MDMA were already manufactured and ready to be sold on the street, according to an RCMP news release.

Police charged Cassian Popa, 37, of Montague, and Jonathan Cayer, 34, of Gatineau, with drug-related offences.

The RCMP said in a news release that the laboratory was a "large-scale" operation capable of producing industrial volumes of MDMA. The police force says dismantling the drug lab will have a "positive" effect on Ottawa streets.

"This was a very large seizure of synthetic drugs. Clandestine labs pose a huge risk to the residents who live nearby from fire, explosion and toxic chemicals," said RCMP Superintendent Guy Rook, North East District Commander.

"Clandestine labs and the drugs from them have a destructive impact on people, communities, and the environment, both in rural and urban areas. We will continue to target any clandestine labs."

Ottawa Fire Services hazmat crews were also involved in the dismantling of the clandestine laboratory.

Clandestine labs pose a huge risk to the residents who live nearby from fire, explosion and toxic chemicals.

RCMP Superintendent Guy Rook

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CBC cuts ties with host Evan Solomon

CBC has fired host Evan Solomon. Torstar News Service reported that he was taking secret commission payments related to art sales involving people he dealt with as a host.

Solomon, 47, is the Ottawa-based host of Power and Politics on television and The House on CBC radio, and had been one of the people touted to replace Peter Mansbridge on The National.

Torstar found Solomon has been brokering the sale of paintings and masks owned by a Toronto-area art collector to rich. Solomon, in at least one case, took commissions in excess of \$300,000 for several pieces of art and did not disclose to the buyer that he was being paid fees for introducing buyer and seller.

The CBC had taken Solomon off the air Monday pending an investigation. That move came after Torstar presented the CBC with the results of its probe of Solomon.

Among the people to whom



Evan Solomon CONTRIBUTED

Solomon has brokered the sale of paintings are Jim Balsillie, co-founder of Research In Motion (now BlackBerry) and Mark Carney, the former Bank of Canada governor and current governor of the Bank of England.

Solomon, as a journalist, has dealt with both men in his high-profile host jobs at the CBC. Carney, who is also a friend, has been a guest on both of Solomon's shows.

TORSTAR NEWS SERVICE

Anti-terror bill might avert shootings: Blaney

The shooting death of an Edmonton police constable may have federal policy implications, the city's mayor and the Conservative public safety minister both said Tuesday.

Edmonton Mayor Don Iveson suggested that the loss of the federal long-gun registry may be a factor in a spate of Alberta police altercations, including a shooting Monday that killed Const. Daniel Woodall and wounded Sgt. Jason Harley.

"I do have a concern with gun violence and I will say that the loss of the gun registry may be related to this," Iveson said.

THE CANADIAN PRESS

IN BRIEF

Duceppe to reprise role as Bloc Québécois leader

The Bloc Québécois is turning to a familiar face to lead it into this fall's federal election in a bid to revive its flailing political fortunes.

Gilles Duceppe is returning as leader of the Bloc, reprising a role he held for 14 years before the sovereigntist party was nearly wiped off the electoral map in 2011. A source told The Canadian Press that Mario Beaulieu, the current leader, will remain in the fold as party president.

The Bloc has called a news conference for Wednesday morning in Montreal that Duceppe and Beaulieu are both scheduled to attend.

THE CANADIAN PRESS

Parizeau remembered for key economic role

Thirty years worth of Quebec leaders attended Jacques Parizeau's funeral Tuesday as they paid tribute to the sovereigntist icon who is credited with playing a key economic role in the province. Every premier since 1985, with the exception of the late Robert Bourassa, attended, with Premier Philippe Couillard, Daniel Johnson, Lucien Bouchard, Bernard Landry, Jean Charest and Pauline Marois. NDP Leader Tom Mulcair, Liberal Leader Justin Trudeau, Parti Québécois Leader Pierre Karl Péladeau, former governor general Michaëlle Jean paid respects.

THE CANADIAN PRESS



An Edmonton police officer is overcome with emotion at the scene of a shooting Monday evening that claimed the life of Const. Daniel Woodall. BRIAN TRUSCOTT/FOR METRO IN EDMONTON

Edmonton mourns

SHOOTING

Police officer killed during hate crime investigation

Ryan Tumilty
Metro | Edmonton

When Edmonton police attempted to enter Norman Walter Raddatz's house on Monday night, they were answered with a torrent of gunfire that struck two officers and claimed the life of Const. Daniel Woodall.

Edmonton Police Chief Rod Knecht released new details Tuesday on the hate crimes investigation that eventually led to Woodall's death.

"The case that led to last night's events was a lengthy hate crimes file with evidence dating

back to Feb. 2014," Knecht said. "The online hatred and bullying of an Edmonton family had become extreme and the family members were increasingly worried about their personal safety."

Eight officers arrived to arrest Raddatz, 42, on Monday evening, on a charge of criminal harassment, Knecht said.

After attempting to breach the door, gunshots ensued and Woodall was hit and killed, Knecht said. Edmonton police Sgt. Jason Harley was injured, but has since been released from hospital.

Knecht said when the shooting began, officers were pinned down by gunfire for at least 10 minutes, unable to move or return fire as bullets streamed from the house.

"We now know that 53 bullet holes were found in the house and garage across the street from the residence, some of those bullets passed right through the house, which speaks to

Edmonton is a safe city because by and large, good people live here.

Edmonton Mayor Don Iveson

the power of the weapon being used."

After the shootout, Raddatz's house caught fire and ultimately burned to the ground, but police aren't sure how it began.

Knecht confirmed that police believe a body they recovered from Raddatz's burnt-out house is his. However, Knecht said police are waiting for an autopsy to confirm the cause of death.

Condolences for the fallen officer poured in from across the city and country.

Mayor Don Iveson spoke Tuesday and said it was a devastating loss for the community, but more

importantly for Woodall's family.

"As your mayor, I reflect the sadness I feel in the community, but I feel this most deeply as the father of young children," Iveson said, holding back tears.

He said Woodall represented Edmonton's finest.

"Edmonton is a safe city because by and large, good people live here. The very bravest and best among us step forward to become first responders, just like Const. Woodall and Sgt. Harley."

Alberta Premier Rachel Notley also expressed her grief in a statement released Tuesday.

"Last evening, I was heartbroken to learn that an Edmonton police officer, Const. Daniel Woodall, lost his life in the line of duty. I offer my sincere condolences to his family for their devastating loss."

Prime Minister Stephen Harper added his condolences and said the shooting was reminder of the sacrifice police make.

SAFETY

Lone-wolf terrorists an underrated threat

Canadians face a far more serious threat from lone-wolf terrorists than from large terrorist groups such as al-Qaida or the Islamic State, a disaster management conference heard Tuesday.

Speaking at one of the sessions, Andrew Majoran, general manager of the Mackenzie Institute, said detecting and foiling large-scale plots tends to

be easier for the intelligence community than picking up on the radicalized, violent individual secretly plotting mayhem.

"A lot of the time when a lone-wolf attack occurs, nobody had any idea it was coming," Majoran said in an interview before his talk.

"It's so difficult to gather intelligence on them. You're talking about a lone wolf who

keeps to himself."

A classic example of what Majoran calls the "pure" lone wolf is Anders Breivik, a Norwegian who went on a horrific killing rampage in Oslo in 2011. While Breivik kept a journal and had a manifesto, no one else had access to his plans.

In Canada, Michael Zehaf Bi-beau, who gunned down a sol-

dier in Ottawa before storming Parliament Hill last October, and Martin Couture-Rouleau, who deliberately ran down a soldier in Saint-Jean-sur-Richelieu, Que., were domestic examples of lone wolves — although they had been on the radar of intelligence authorities but had not done enough to warrant arrest.

THE CANADIAN PRESS

Police comb town for convicts

PRISON BREAK

Residents say two men were seen along road late Monday

State and federal law officers searching for two killers who used power tools to break out of a maximum-security prison converged on a small town about 50 kilometres away Tuesday after getting a report of a possible sighting.

Dozens of officers formed a line and made their way through a pasture and woods in the town of Willsboro while a helicopter hovered above. Other searchers walked along nearby railroad tracks.

They descended on the town just west of Lake Champlain after residents reported seeing

a couple of men walking on a road late Monday during a rain storm.

The breakout over the weekend from the 3,000-inmate Clinton Correctional Facility in Dannemora, N.Y., close to the Canadian border, immediately raised suspicions that the inmates had inside help in cutting through a steel wall, breaking through the bricks and crawling through a steam pipe. They eventually emerged through a manhole outside the prison grounds.

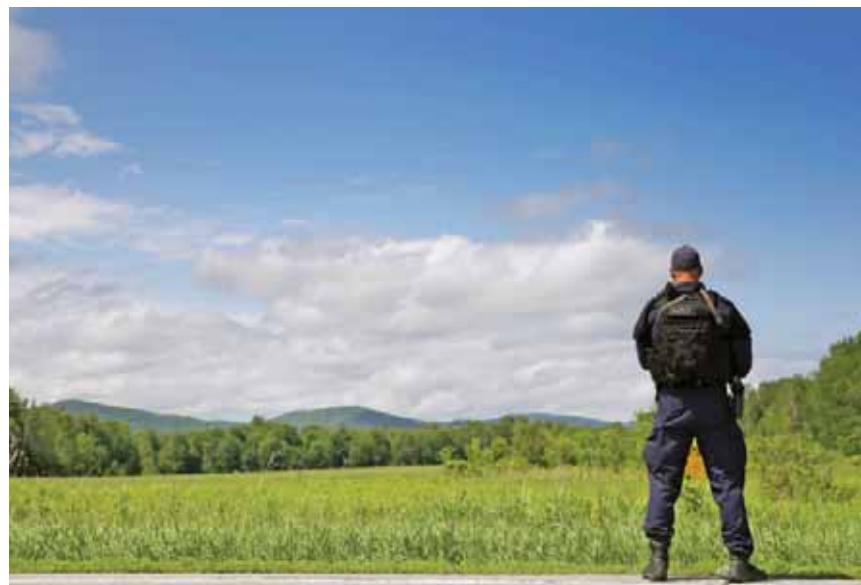
Among the questions: Did someone hear them cutting their way out? How did the inmates hide the hole, the dirt and dust from work that probably took days to accomplish? And did they have access to blueprints or other inside information to

chart their path through the bowels of the prison?

Sweat, 34, and Matt, 48,

I'd be shocked if a correction guard was involved in this, but they definitely had help.

N.Y. Gov. Andrew Cuomo



A law enforcement officer on patrol during a search for two escaped killers in Boquet, N.Y., Tuesday. State and federal officers are searching for David Sweat and Richard Matt, two killers who broke out of Clinton Correctional Facility in Dannemora. SETH WENIG/THE ASSOCIATED PRESS

had stuffed their beds with clothes to fool guards making their rounds and left behind a

taunting sticky note that read: "Have a nice day."

The prisoners surely had

help, and the noise must have been heard, Gov. Andrew Cuomo said.

But Cuomo said other inmates claimed they didn't see or hear anything.

"They're all heavy sleepers," he said sardonically.

In looking for those who may have aided the escape, Cuomo said investigators were focusing first on civilian employees and contractors who have been doing extensive renovations at the 170-year-old prison.

"I'd be shocked if a correction guard was involved in this, but they definitely had help," the governor said.

Corrections officials said an inventory of the prison's tools has so far shown none missing. But contractors typically bring truckloads of equipment, said Peter Light, a retired guard.

The RCMP said Monday it had no information to indicate the two had crossed into Canada.

Sweat was convicted in the 2002 killing of a sheriff's deputy and was doing life without parole. Matt was serving 25 years to life for kidnapping and dismembering his boss in 1997. THE ASSOCIATED PRESS

LAW ENFORCEMENT

Officer resigns after violent pool party video goes viral

The white police officer who was recorded on video pushing a black girl to the ground at a Texas pool party resigned from the police force Tuesday.

Officer David Eric Casebolt resigned from the McKinney Police Department after almost 10 years on the force, said his attorney, Jane Bishkin of Dallas.

Police Chief Greg Conley confirmed the resignation at a news conference later Tuesday, saying Casebolt had not been pressured.

A video recorded by another teenager and posted online showed Casebolt pushing a bikini-clad black girl to the ground

on Friday and brandishing his gun at other black teens after he and other officers responded to complaints about the pool party at a community-owned McKinney swimming pool. The 41-year-old former Texas state trooper was placed on administrative leave.

Conley said a review of the incident's footage showed Casebolt's actions were "indefensible," and that "our policies, our training and our practices do not support his actions."

In all, 12 officers responded to the report of fights and a disturbance at the pool party

at the Craig Ranch North Community Pool in an affluent area of western McKinney. "Eleven of them performed according to their training," Conley said, noting Casebolt did not. "He came into the call out of control and the video showed he was out of control during the incident."

Despite Casebolt's resigna-

tion, his actions remain under investigation and no decision has been made as to whether charges will be filed against him, Conley said. Charges of interfering with an officer and evading arrest against the only man arrested during Friday's incident have been dropped, Conley said. Everyone else was released.

He came into the call out of control and the video showed that he was out of control during the incident.

Police Chief Greg Conley

Bishkin declined to say where Casebolt is now and said the officer had received death threats. The attorney said she would release more information at a news conference Wednesday.

The incident has prompted criticism of the affluent suburb of McKinney north of Dallas, which is among the nation's fastest growing cities, has highly regarded public schools and was ranked by one publication as America's best place to live.

People who demonstrated this week at a McKinney school compared the city to Baltimore and Ferguson, Missouri, where use of

force by police triggered widespread protests and violence.

Casebolt had been accused of excessive force in a 2007 arrest as part of a federal lawsuit that named him along with other officers. The lawsuit was dismissed in 2009.

The city of McKinney also has been the target of lawsuits accusing it of racial segregation in public housing.

The scrutiny contrasts with McKinney's high ranking for its quality of life. A Time Inc. publication last year said the city was the best place to live in America. THE ASSOCIATED PRESS

SPORTS

Iranian women gain the right to watch volleyball matches

A limited number of Iranian women will be allowed to watch Volleyball World League games in Tehran later this month, a senior government official has told the Associated Press, as part of a government move to allow women and families to attend male sporting events.

Vice President for Women and Family Affairs Shahindokht Molaverdi, part of the Cabinet of moderate President Hassan Rouhani, said the government hopes to avoid a showdown with

hard-liners over the issue.

Molaverdi, a reformist politician and women's rights activist, said women will be allowed into stadiums to watch men's matches in specific sports such as volleyball, basketball, handball and tennis.

The decision has yet to be officially announced, but Molaverdi said some women — families of national team players — will be allowed to watch the upcoming volleyball games to help ease into the change. THE ASSOCIATED PRESS

BACKGROUND

Ban in place since 1979

Women have been generally banned from sporting events since the Islamic Revolution in 1979. The ban first came to international attention last year when Iranian-British woman Ghoncheh Ghavami tried to attend a men's volleyball match. THE ASSOCIATED PRESS

TEXAS

Court upholds abortion law

A federal appeals court upheld key parts of Texas's strict anti-abortion law on Tuesday, a decision that could leave as few as seven abortion clinics open in the second largest U.S. state.

The decision by the 5th U.S. Circuit Court of Appeals upholds requirements that abortion clinics meet hospital-level operating standards, which owners of small clinics say demand millions of dollars in upgrades they can't afford and will leave many women far from an abortion provider. But the court said the clinics failed to prove that the restric-

tions would unduly burden a "large fraction" of women.

Republican Gov. Greg Abbott and other conservatives say the standards protect women's health. But abortion-rights supporters say the law is a thinly veiled attempt to block access to abortions in Texas, and they promised to immediately appeal to the U.S. Supreme Court, which temporarily sidelined the law last year.

"Not since before Roe v. Wade has a law or court decision had the potential to devastate access to reproductive health care on

such a sweeping scale," said Nancy Northrop, president and CEO of the Center for Reproductive Rights, referring to the landmark 1973 Supreme Court decision that made abortion legal. "We now look to the Justices to stop the sham laws that are shutting clinics down and placing countless women at risk."

Texas currently has about 17 abortion providers, down from 40 clinics in 2012. Under the new restrictions, the only remaining abortion facilities in Texas would likely be in major cities.

THE ASSOCIATED PRESS

metro VIEWS

Your essential daily news

Wednesday, June 10, 2015

THE BIG THING: FINANCIAL LITERACY

The federal government thinks we need a lesson in how to manage money. On Tuesday, Ottawa announced a \$10-million strategy to co-ordinate programs that aim to help Canadians learn to manage debt, save for retirement and avoid scams.

THE CANADIAN PRESS

③ Good debt, bad debt Canada's household debt-to-income ratio reached an eye-watering record of 162 per cent in 2014, thanks in large part to low interest rates and high home prices. But personal loans — often the most disastrous — are actually on the decline, and the rate we're acquiring credit-card debt is slowing.



① Time to shape up
Canada's financial literacy leader, Jane Rooney, says 60 per cent of us don't know how much we need for retirement, and 55 per cent fail to use the "fundamental tool" of a home budget.

② Could be worse
Our household savings rate has been all over the map for the past century. It peaked around 16 per cent in the mid-1940s and again in the early 1980s, dipped into the red during the Great Depression and fell to a dangerous low of 3.6 per cent in 2005. In the first quarter of this year, Canadians squirreled away five per cent of their paycheques.

Great art doesn't get made in a boardroom

SOCIAL DISCOURSE

Omar Mouallem



Beware of anyone using the word "silos" who is not a farmer. It's what suits say instead of "groups," as in, "The difficulty with the (Canada Council for the Arts) now is that everything is organized by disciplinary silos that are very complex to navigate."

Those were the words of the CCA's new CEO Simon Brault during a Canada Arts Summit speech last spring, where he also promised more "outcome-driven" grant programs for Canadian artists that will "have more impact."

Artists should laugh in the face of anyone who asks for "objectives" before the creative process has even begun, but instead they now have to adhere to this boardroom puffy if they want their

work government-funded. Last week the CCA unveiled its simplified funding system, which will soon reduce 147 grant programs to just six broad categories. It's a noble cause, as the old process was cumbersome, to say the least. But at least it was somewhat comprehensible.

Peace out "Grants to Dance Professionals," Sayonara, "Grants to Professional Orchestras." You'll now have to choose from a menu of buzzwords still reeking of the dry-erase markers with which they were born. That now includes a category called "Engage and Sustain," with the outcome of "reflect(ing) the diversity of the communities that they participate in through their staffing, programming and public engagement responsibilities."

Does this mean creative diversity? Intellectual diversity? Social diversity? So much for simplicity.

Art is an act of discovery

divined from the experiences, observations and imaginations of the work's creators and collaborators. And it's an act of entertainment and expression, not innovation, much as the CCA's constant trumpeting of the arts' \$50 billion GDP contribution is intended to entertain politicians and people (sorry, I mean stakeholders) who couldn't care less about the quality of the art.

Maybe it works for them, but audiences gain nothing from an artist crossing off corporate objectives while writing a grant proposal. It's the same anathema that's turned most galleries' artist statements into head-tilting jibber-jabber, poisoning the exhibition before it's even viewed.

Consider the effect of 1930s Soviet art, which hewed to a state-enforced mandate of optimism and heroism, to be exported internationally. The result,

Audiences gain nothing from an artist crossing off corporate objectives while writing a grant proposal.

then, was art decidedly on-message and redundant. No, the CCA, whatever it is, isn't a bastion of socialism. Atom Egoyan's next film won't star a Canadian actor as the common man finding fulfillment in labour. But artists obsessing with vague guidelines about "diversity," "innovation," "engagement" in order to make it past the gatekeepers will surely yield art that's equally stale.

Omar Mouallem
(@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

ROSEMARY WESTWOOD

metroview



"There is no freedom from the pull of things."

Marie Kondo is not your saviour from stuff.

The maven of minimalism and author of a trendy book on tidying might be your saviour from a lot of stuff — from overflowing closets and shelves, from the sense you live in Mary Poppins' purse.

She will even curate you: through her prescription to keep only that which brings joy, you'll be able to justify the gold-plated scissors you've been coveting, once you've thrown out the plastic pair that was definitely not joyful.

But what do you end up with?

Stuff, just as before. All of it. Things. And, perhaps, a dresser drawer with shirts so neatly rolled it looks like a pez dispenser.

In reaction to Kondo's methods, some have come out in praise of clutter. One writer wondered in the New York Times, "Why on earth would we get rid of our wonderful things? I have many books, many paintings, many pots and many more things I love."

So I.

But that's not an argument against Kondo. The call to curate stuff and the call to abundantly collect it both stem from the same impulse: the desire for things.

One is the new world of the carefully chosen item, where everything you own aligns with a singular vision of your rarefied lifestyle.

One is an older world, where, since you could afford to have lots of stuff, why not have it all?

Both are underpinned by consumer culture, and the belief that the best way to express who you are is to buy — or not buy — something.

There is no freedom from the pull of things.

Even if I had almost nothing (as many do), I'm sure I could love a useless item. Not just for what it is, though it may be beautiful, but for what it means.

Like the gold necklace that was once my mum's, with two pendants, one of a dove and one of the Parthenon. Wearing it made me feel she was close, even across continents. It was stolen and I still mourn its loss.

The Canadian painter Agnes Martin (posthumously hot right now) aimed for a thing-less life.

In the 1960s, she moved to a remote part of New Mexico, discarded most belongings and lived on odd, restricted diets, like preserved tomatoes and hard cheese. She reportedly felt possessions only fed her ego. "I paint with my back to the world," she said.

But even she did not dogmatically follow through.

In her later years, while still living sparingly, she let a little luxury in: driving to and from her studio in a white BMW.

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Martin Sheen joins cast of TV-movie reboot of Anne of Green Gables



Finding pleasure behind bars

SEASON 3

Piper Chapman is 'revelling' in her new role at Lichfield

Lisa Weidenfeld
Metro | New York City

Piper Chapman has come a long way from her first days at Lichfield. While Seasons 1 and 2 of Orange Is the New Black saw her struggling to find her way in the strange and confusing hierarchy of the prison, Season 3 sees her finally come into her own, according to Taylor Schilling. The Netflix star says Piper may finally be getting the hang of the place, and we chatted with her about what's to come for Lichfield's finest.

If there's a theme for the third season, what would you say it is?

We've talked about it as an ensemble, about it really being based around faith and belief and how faith manifests differently in different people and what we classically think of as a system of faith and what we really believe in and how that plays out in people's lives.

How do you think Piper is growing as we see her in the third season?

She started this story, and this journey, having a solid idea of who she thought she was, and her life was pretty nailed



Season 3, which debuts June 12, finds Piper Chapman (Taylor Schilling) and Alex Vause (Laura Prepon) both in prison together once again. JOJO WHILDEN/NETFLIX

down.

I imagine it being like a house during a rainstorm, with a leaky roof, and it's like, if you put enough buckets around, you're walking around the floor and ostensibly, it's a dry house. But if you really examine what's going on, there's a lot of cracks and there's a lot of leaks.

So, prison has forced her to really look at what's happening within her. And I think the

journey is that she's finding and enjoying parts of herself that she didn't really know existed. And a strength and determination, and wildness and a recklessness and a pleasure, a joy, a power. It's almost like trying on different articles of clothing and seeing that lot of them fit.

Not to diminish the suffering she goes through, but she does seem like she's finding

ways to be happy in there. Yeah, exactly, and I think even finding pleasure in the power, or pleasure in the manipulation or pleasure in the strength. It doesn't necessarily add up to the way that she thought happiness or success looked when she came in to prison. So her conception is changing.

Do you think she's finding her place a bit more?

Absolutely. I think she was a fish out of water and she spent Season 2 finding her place, and now she's exploring her place, and she's enjoying it, and she's revelling in it, and she's trying on different facets of who she is.

Is it good to have Laura Prepon back full time as Alex Vause?

Yeah, I love Laura. She's a dear friend, like so many girls in

this cast are. It's always fun to have her around, and we work really well together. We have a really nice working dynamic. It's very safe, and I think we both feel comfortable taking risks that we're proud of later.

One of Season 2's big cliff-hangers was that Piper got Alex thrown back in prison. Was she trying to protect Alex, or did that come from a selfish place?

I think it's all of those things — Piper was operating from all of those places. And that's what's so fun about this work is that it's so rich and complicated and knotted. And what I so love about playing this character is that she is kind,



She's finding and enjoying parts of herself that she didn't really know existed.

Taylor Schilling

and she is a wife, she is a best friend, she is a daughter, she's a lover and a caretaker, but she's also confused and angry and manipulative and disloyal and attention-seeking and power-hungry and all of those things. That's a real woman. All of those things existing within.

I long for that and I'm excited by that, to see someone who's not a picture or an idea, but a fully fleshed-out person.



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Chefs go lentil on tour

CANADIAN INGREDIENTS

Restaurants create dishes in cross-country competition

Chefs in two dozen restaurants across Canada are competing this month with signature dishes all incorporating the same homegrown ingredient: lentils.

The restaurants in seven cities have added the creations to their menus for customers to order and vote on during the FunDeLentil competition in June.

Culinary activist Anita Stewart put together the list of restaurants — which are also Food Day Canada participants committed to using Canadian ingredients — on behalf of the Saskatchewan Pulse Growers and Canadian Lentils.

"It's right down my alley. In terms of my mission statement to actively promote the growth and study of our distinctly Canadian food culture, well, this is it," the University of Guelph food laureate said Thursday at George restaurant in Toronto.



Farmhouse Tavern executive chef Tom Wade, right, with chef Eoin Ramsbottom on a lentil tour led by author and food activist Anita Stewart. FRANCIS WALLACE / TORSTAR NEWS SERVICE

Lentils are so darn versatile.
Anita Stewart,
culinary activist behind
the FunDeLentil Tour

"It's a way to support our own farmers and lentils are also really delicious and healthy. They're so darn versatile."

She said chefs are coming up with many unique ways to use lentils, such as turning them into flour, using them for coating or stuffing, and sprouting

and French Green lentils.

The chefs were invited to use one or a combination of lentils grown in Canada in their dish.

Lorenzo Loseto, executive chef at George, brûléed lentils sprouted at the restaurant for a salad paired with seasonal Dungeness crab and beluga lentils.

Loseto said he often uses lentils in innovative ways, such as a savoury crumble — they're cooked, fried till crunchy, paired with crispy horseradish and used as a garnish. He incorporates red lentils into a dressing for a romaine salad with Parmesan cheese.

"It tastes like a caesar salad, but it doesn't have eggs," he said.

For his offering, Craig Flinn, chef-owner of Chives Canadian Bistro in Halifax, is serving a strudel filled with smoked duck and green lentils with foie gras and a rhubarb jelly made from his mother's garden, Stewart said.

The choices are "as upscale as you want it or it's as comforting as a lentil shepherd's pie," said Stewart, who was appointed in 2011 to the Order of Canada for her promotion of the food industry in Canada. THE CANADIAN PRESS

FUNDELENTIL

Win a trip to dine out
Visit FunDeLentil.ca to vote for your favourite dish, including these creations:



Dungeness Crab, Lentil Salad, Fava Bean by George in Toronto.



Red Lentil and Bacon Bratwurst Sausage with Fennel Kraut by CharCut Roast House in Calgary.



Stuffed and Roasted Saddle of Rabbit, Lentils Braised with Beau's Lugtread, Pickled Carrot and Mustard Sauce by The Wellington Gastropub in Ottawa.

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MARK MCEWEN

Chef offers food for thought

Food television has created a groundswell of attention to the restaurant game, says chef Mark McEwan, who was head judge on the culinary contest show Top Chef Canada.

But young people pursuing a career as a chef often have a big surprise when they get into the business and realize how busy service can be.

McEwan who owns four restaurants in Toronto — North 44, One, Fabbrica and Bymark — also hosted The Heat on Food Network Canada, a look behind the scenes at his restaurant and catering business along with the building of his first upscale gourmet food store, McEwan, which opened in 2009.

McEwan, 58, stays on top of his game running his company, the McEwan Group with a staff of 500. That includes catering and opening a second store in downtown Toronto.

Does food television give a false sense of the business?

It's very strenuous work. It's long hours, longer than most hours, tougher conditions. You're working weekends. Your service can last five hours and that's rigorous. It's athletic. It's hard — if you're in a busy restaurant. But then I think there's a



Celebrity chef Mark McEwan was head judge on the culinary contest show Top Chef Canada. THE CANADIAN PRESS

lot of places for young kids to go other than the restaurant business, so getting into food styling, they're getting into the catering business, they're getting into institutional work ...

To be a mainline chef in a top-flight restaurant it's a long journey to get there. And I don't think a lot of these young people understand what it's about.

Did producers influence how you chose a winner in Top Chef Canada?

I was all about the best

chef winning. It was always about the cooking for me. It was never about anything else.

You do have television colliding with the professionalism of cooking, what's going to sell, what drives ratings, how do you get broad viewership and now the whole platform is changing. Cable television is changing. You have Netflix. You have the Internet, people doing a lot of video clips on the Internet now. It's like this molten foundation that's trying to find a new direction. THE CANADIAN PRESS

Drop that sugar hit for healthier picks



The top three sources of sugar in our diet are breads, snack foods and beverages. iSTOCK

SWEET ON NUTRITION

Choose least sweet options to curb your sugar intake



Sugar is the new sodium. It is contributing to the rise of everything from diabetes to Fatty Liver Disease. The World Health Organization suggests that you reduce not only "added sugar" but also "naturally occurring sugar" (and it is hidden everywhere). There

is even an app to help you decipher some of the obfuscating facts on the label. The bottom line is that no matter what the source of sugar, what really matters is the good nutrients that come with it. While a spoonful of sugar may help the medicine go down, make sure there is real food medicine in your choices.

The top three sources of sugar in the Canadian diet are: breads, beverages and snack foods.

Here are my top picks in each category:

Bread: Dempster's Healthy Way. No fat. No sugar. It is a tasty whole grain, high in fibre and protein and under 100 calories per slice.

Beverage: Flavoured Sparkling Water like Nestle's Pure Life. Most of us don't drink enough

water because it is boring. Many varieties of naturally flavoured sparkling water will deliver a bright refreshing taste and the hydration your body needs more of, without any sugar or artificial sweetener.

Snackfoods: Qi'a Bars are the newest granola type bar to hit the shelves. Among the lowest in sugar but also high in superfood ingredients like hemp and chia, the bars are a delicious energy-sustaining touch of sweetness with only 6 to 9 grams of both sugars.

You can't be all good all the time, but you do want to choose best in class especially when it comes to sugar content.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

COUNTING CALORIES

Raising a brew on the lite side

LIQUID ASSETS

Peter Rockwell
@therealwineguy



(12x355ml, \$20.49 to \$25.29)

— the original light beer that has finally landed in Canada — traditional craft beer supporters argue that the boozy IPA-style brews, popular today, are killing the market for lower alcohol "session" beers.

In the U.K., where ale is king, beer under 5 per cent alcohol is what they drink a few of in one sitting (or session).

Nowadays I'm concerned



about the calories. The average glass of craft brew has more than 300, while one filled with Miller Lite clocks in at 96.

Though younger drinkers may not care; at my age I typically start with something crafty and then turn to the light side.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

LIMA CANADA-TRAINED CHEF RANKS AMONG BEST

Peruvian cuisine seals spot on global culinary map

With its cosmopolitan flavors and rich palette of ingredients, Peruvian cuisine has surged onto the global food scene in recent years, consecrated last week with Lima restaurant Central's breakthrough into the world Top 5.

The creation of chef Virgilio Martinez, the restaurant took fourth place last week in the World's 50 Best Restaurant awards in London, the highest ranking ever for a Peruvian establishment.

It quickly became a magnet for foodies from around the world with a menu that celebrates Peru's rich biodiversity, drawing ingredients from environments ranging from the Amazon rainforest to the Andes mountains.

Martinez started out as a law student before dropping out and enrolling in a French culinary school in Canada.

years ago on a quiet street in the residential neighborhood of Miraflores.

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Martinez started out as a law student before dropping out and enrolling in a French culinary school in Canada.

Breaking into the top five world restaurants is an honour but also "a lot of responsibility," said Karime Lopez, who is in charge of creating Central's menus and travels around Peru to research the best ingredients.

"We're very happy, but we're staying alert, we know we can't drop our guard," she said of the restaurant where clients reserve tables months in advance.

AFP



Central came in fourth at the World's Best Restaurant awards, the highest ranking ever for a Peruvian establishment. AFP

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MIKE GOETZ/FOR METRO

THE CHECKLIST | 2015 VOLVO V60 CROSS COUNTRY

THE BASICS

Type. Luxury, five-door, AWD, compact-midsized wagon.

Engine (hp). 2.5-litre inline turbocharged five-cylinder (250).

Transmission. Six-speed automatic.

Price. Base \$44,100 (plus destination).

POINTS

- Based on the new 60 range of Volvo sedans, but not available with their newer 2.0-litre turbocharged four-cylinder engines.
- An IIHS Top Safety pick, for achieving top-level protection in each of the institute's five crash tests.



MIKE GOETZ/FOR METRO

COOL FEATURES

- Volvo's interface relies on a controller and switches (not a touch screen).
- One of the more comfortable and best-looking front seats in the business.
- Front and rear skid plates, and Hill Descent Control, increases off-road capability.

MARKET POSITION

- All-wheel drive version of the V60 station wagon.
- An alternative to compact luxury crossovers, such as Volvo's own XC60.
- For those who gravitate toward understated Scandinavian style, and top safety features.

THE COMPETITION



BMW 3 Series Touring
Base price: \$45,200



Subaru Outback
Base price: \$27,995



Audi A4 allroad quattro
Base price: \$47,300

Cyclist Detection (with Full Auto Brake), Distance Alert, Driver Alert Control, Lane Departure Warning, Lane Keeping, and Speed Limit Information, which makes speed limit signs appear magically in the dash.

But the feature I liked best is the Cross Country exclusive sport seats rendered in black leather and brown stitching. They are just wonderful: easy to look at and touch, supportive, supremely comfortable.

The whole design manages to be Scandinavian and clean and easy to use, featuring an interface that uses actual buttons and switches (versus a touch screen).

On the road, the 2.5-litre turbo "five-cylinder" feels lusty, but the newer 2.0-litre turbo "four" feels almost as lusty, and offers better efficiency. Those all-new 2.0-litre engines are only available (so far) on S60 and XC60.

Handling is better than most crossovers, because of the lower centre of gravity, and a great chassis, which is also adept at delivering a very comfortable and controlled ride — V60 offers a very luxury-car feel on the road.

Cross Country is also fitted with 18-inch wheels and skid plates, to signify its off-road prowess, and also gets squared-off "fender extrusions," which makes it look kind of Jeepy.

Our top-shelf Platinum model (\$50,400 MSRP) was outfitted with the impressive Technology Package (\$1,500), which threw on Adaptive Cruise with Queue Assist, Collision Warning (with Full Auto Brake), Pedestrian and

Handling is better than most crossovers, because of the lower centre of gravity, and a great chassis, which is also adept at delivering a very comfortable and controlled ride — V60 offers a very luxury-car feel on the road.

The V60 Cross Country is not like Volvo wagons of yore, which were famously boxy and big. This is a tidy wagon, with just adequate space in the rear and cargo area (for a wagon). You can't easily throw bikes back there, for example, and the sleek profile takes a bite out of rear headroom space.

DRIVING FORCE

Pirelli to roll out 'smart' Cyber Tire

Jill McIntosh
For Metro

Safety systems such as anti-lock brakes and stability control do a good job of protecting occupants from potential crashes, but they have one weak point: They don't know how well the tires can perform.

If the tread is worn, if it's the wrong tire for the season, or if the road surface is slippery, these safety systems won't be

as effective. And it's going to be even more of an issue in self-driving cars, which may not realize they have to brake sooner or slow down in a curve to compensate for reduced tire grip.

Ultimately about safety
Pirelli is working to solve the issue with its upcoming Cyber Tire, which will gather this vital information and warn the driver to be more cautious in a conventional car, or work

in conjunction with an autonomous car's driverless systems.

"The system is able to measure exactly the level of friction and the level of grip, depending on the tread depth and quality of tire you have installed," says Giorgio Audisio, Pirelli's director of cyber technology. "If you are able to measure it, you can adjust the vehicle speed when you are on a wet road or on the snow."

Many vehicles now contain tire pressure monitor-

ing systems, which warn if a tire needs air. In addition to this, the Cyber Tire's internal sensors measure such things as lateral and downward force on the tire, the type and condition of the road surface, the tire's angle, its wear, and how much of it is actually touching the road to determine its level of grip.

The car's computers continually monitor the tire's data, and send a warning to the driver if he or she is driving too fast

for the conditions. In an autonomous car, the information from the Cyber Tire and the computers would go directly to the car's systems. The car might slow itself down, apply the brakes sooner, or take a curve more carefully if required.

System limits

This is especially important because these systems are limited by the amount of data they process.

The car might know it needs to start braking when another vehicle slows down in front of it, but if it doesn't realize its tires are worn or the road is wet, its programmed stopping distance may not be enough to avoid a collision.

"The most important function of an intelligent tire is related to the safety of the vehicle," Audisio says. "If we can measure the grip, we know the maximum safe speed in which the vehicle can go."

Select few to get to own Mirai

E-CARS

Toyota picks 8 dealerships

Only "select, eligible customers" will be considered to own or lease Toyota's hand-built hydrogen fuel-cell e-car, the Mirai (right), when it goes on sale at eight dealerships in California in October. Customers will be selected based largely on how close they live and work to hydrogen fuelling stations. Toyota chose the eight initial dealerships partly because of their proximity to such stations.



TEXT AND IMAGES BY WHEELBASE MEDIA

HYBRIDS

VW crafts new Beetle concept

Volkswagen engineers have transplanted the powertrain from a Jetta Hybrid sedan to create a prototype Volkswagen Beetle (right) hybrid concept in a bid to renew interest in the retro hatchback. The hybrid Beetle employs a 1.4-litre turbocharged four-cylinder gasoline engine and a seven-speed transmission, with an electric motor between them, to drive the front wheels.



PRODUCTION

New targets for EV makers

Global automakers are readying a new generation of mass-market electric vehicles (EVs) with more than twice the driving range of today's Nissan Leaf (left). They're betting technical breakthroughs by battery suppliers will jump-start demand, reports industry watchdog Automotive News. At least four major automakers — General Motors, Ford Motor Co., Nissan Motor Corp. and Volkswagen AG — will challenge Tesla Motors to be first to field affordable EVs that will travel up to 320 kilometres between charges. They're working to a tight deadline: in 2018, California and eight other states will require automakers to meet much higher sales targets for zero-emission vehicles, and federal rules on reducing fuel consumption and greenhouse gases will become stricter.



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

NEW CARS

Malibu eschews plug-in capacity

Chevrolet's 2016 Malibu mid-size sedan (right) will take the Chevy Volt's groundbreaking gas/electric powertrain to the masses minus, at least for now, its plug-in capability. Chevrolet says the car will be capable of traveling at least 72 kilometres per U.S. gallon (5.2 litres/100 km) without the need to plug it in. It will deliver that higher mileage thanks to a direct-fuel-injection 1.8-litre four-cylinder gasoline engine mated to a two-motor electric drive unit. A 1.5-kilowatt lithium-ion battery pack will store electrical energy for the battery when it's needed.



TOP 10

Most EV-friendly U.S. cities named

Some parts of the U.S. have embraced electric vehicles more than others, observes ChargePoint. The network charging station developer has compiled a Top 10 EV-friendly list in each of the past four years, based on the number of EVs registered and the growth of its own available charging stations. San Francisco's Bay Area tops the list, followed by Los Angeles, Seattle, San Diego, Honolulu, Austin, Detroit, Atlanta, Denver, and Portland, Ore.

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Special Delivery: Camry XSE

What test car is Garry bringing us this week? We literally have no clue what he's bringing us until it lands in our driveway, but who are we to doubt Garry Sowerby, who has a bazillion Guinness records for around-the-world driving? That's a bazillion more than we have, after all. Come along for the ride as we deliver real-life, no-glam reviews.

JEFF MELNYCHUK WHEELBASE MEDIA

Have you ever heard of a truly sexy Toyota? Yeah, me neither.

They're usually for robotic suburbanites who gave up their, ahem, souls, when they got married and had 2.5 kids. (Comments like that are likely why I'm divorced, but I digress.)

Yet, the Camry sedan has been a consistent bestseller for obviously bizarre-to-me reasons that have nothing to do with style or fun. Boring old reliability is an important purchase incentive, I'll admit, as is functionality, but there are plenty of choices out there that meet that very basic criteria while looking a damn sight sexier than the Camry. The Ford Fusion for one, and the Mazda6 for another.

But there is something a little different about the car that Garry has dropped off. It has a big mouth. Huge. Like, the alien from the movie Predator.

I guess I'm not the only one who wonders what the attraction to the Camry is, because for 2015, Toyota has redesigned it to have more of what you all have apparently been pining for.

Camry defined

"Expressive. Athletic. Exciting. Yes, it's a Camry," reads the company's press release. Suburbia has spoken. Softly, but still.

Now, normally, that kind of marketing claim has me face-palming, but actually not so much here. This Camry has nearly 2,000 parts that are either all new or redesigned, with the roof being the only carryover sheet metal. Everything else is changed and mostly for the better.

The loudest visual cue is that giant grille, but it's a design audacity that unfortunately doesn't carry through with the rest of the car.

Deserving special mention is the paint. The Blue Crush Metallic is smooth. It's nice that after 100 years, an automaker has finally figured out how to paint a car properly. And it's blue. I thought that all Camrys were beige, silver or white. Really, have you ever seen a red or black Camry?

Inside, Toyota stuck to basics with big knobs and buttons and a very simple and intuitive 4.2-inch centre stack touch screen. Thank you for that.



Don't all Camrys come in beige, white or silver? WHEELBASE MEDIA

+ LET'S TALK ABOUT THE CAMRY XSE

WOW: Good on gas, good acceleration, good room and all that boring stuff; it's a good-looking ride, though;

the Camry XSE interior turned out nicely and the driving experience is competent, but ...

HMM: Is competent worth a premium? The rest of the car's exterior has to be brought along to meet that

mouth; small brakes; and the Camry XSE faces tough competitors in this price range.



Powerplant options are carryover. Standard is a 178-horsepower 2.5-litre four-cylinder with a 268-horsepower 3.5-litre V6 optional. The third choice is the Camry Hybrid with its gas-electric powertrain.

The car Garry has dropped off is the new XSE trim, which has model-specific 18-inch wheels, higher-rate (stiffer) coil springs, special shock absorbers, firmer bushings, unique electric power steering tuning and 225/45R18 all-season tires.

Available in both four-cylinder and six-cylinder versions, and in front-wheel drive only, the XSE injects some much-needed driving dynamics into the Camry.

This one is the decked-out V6 version (about 35 grand plus tax) and it indeed drives better — although not spectacular — with a swanky leather interior, so mission accomplished there Toyota.

FAR LEFT: High-end accommodations, pretty trim.

LEFT: Room for three, but built for two. WHEELBASE MEDIA



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Go Further

Features pack used GM SUVs

USED VEHICLE

Check oil consumption in 2007-2014 models

In the midst of a dying big-SUV marketplace, GM launched its new wave of sport utility vehicles for model year 2007, offering Yukon, Yukon XL, Suburban, Tahoe and Escalade variants with better than ever mile-

age, performance and feature content.

A proven high-strength truck structure helped round out the package with durable capability, and generous room for people and cargo was on offer in all models.

As most 2007-2014 models in this generation of GM full-sized sport utility vehicles will pack the 5.3-litre V8 engine with AFM cylinder deactivation, shoppers are advised to check this powerplant for signs of oil consumption and other

related issues, which are common, and well-documented in the owners community.

Have a dealer use the VIN number to pull up all service records, noting any that indicate an oil-consumption problem. Shoppers are also advised to listen for unwanted clicking or clacking noises from the top of the engine, with

the hood open and engine idling. Unwanted sounds like these could indicate problems,

possibly related to the oil-consumption issue. Note that oil consumption issues seem most likely in 2007 to 2009 models with the 5.3-litre engine.

Ensure proper operation of the cruise control system, too. If it's not working, it's probably

because of a bad brake-light switch, which is a cheap and easily replaced part.

Ensure the 4x4 system, switches between its various modes as outlined in the owner's manual. If the system doesn't engage, or you note any "Service 4x4" warnings, be sure to have a GM mechanic determine why. Note that the Escalade ran an All Wheel Drive (AWD) system, so no switching of modes is possible.

Open the front doors and feel the carpeting under the

front floor mats for signs of moisture, which could be caused by a leaky windshield seal and/or plugged sunroof vent tubes. Moisture can lead to rust and mould, so this issue will need to be addressed.

Now's the time to make sure the Bluetooth, heated steering-wheel, chilled memory seats and power tailgate, if equipped, are working properly, too. None of these will be inexpensive to fix if they're not functioning.

JUSTIN PRITCHARD

Features

Feature content was fitting of a world-class performance car, and included goodies such as adjustable shocks, an adjustable rear differential, premium audio, memory seats, Bluetooth, navigation, iDrive central command, automatic lights, automatic climate control and more.

Engines/trim

Look for standard V8 power from a 4.8-, 5.3- or 6.2-litre engine. The high-end Escalade got the 6.2-litre V8 with 403 horsepower, which was available optionally on other models. Most used models, Escalade aside, will have the 5.3-litre V8.

What owners like

Typically, owners praise their SUVs for great ride quality, confident towing and hauling capabilities, a decent blend of power and fuel economy, and a rugged, safe and solid feel. Space and flexibility required for a variety of lifestyles and activities are found in abundance, too.

What owners dislike

Complaints typically centre around difficulty parking, and excessive fuel consumption on some models.

The verdict

An early model with the 4.8- or 6.2-litre engine, or any 2010 or newer model, will likely make the most confident purchase, provided the vehicle passes a mechanical pre-purchase inspection.

The 2012 GMC Yukon Heritage Edition SUV. GMC



INNOVATION

Flying car idea takes off, then crashes

Tech firm AeroMobil is working on a new prototype of its flying car, weeks after the vehicle of the future spread its wings and crashed during a test flight.

"Sometimes you have to push the vehicle to the limit, to see how it behaves," AeroMobil chief strategy officer Martin Bruncko said about the May 8 incident.

Inventor and engineer Stefan Klein was flying the blue-and-white airborne automobile 270 metres off the ground when he

was forced to deploy a parachute to slow its descent.

Klein escaped unharmed but the flying car was damaged in what the company called an "emergency landing."

AeroMobil would not say what prompted the crash.

The company is now back at the drawing board and hopes to see pre-orders in 2017 before delivering its first flying cars to clients in 2018.

It still needs to obtain a green light from the Euro-

porean Aviation Safety Agency for commercial flying.

Klein said the company has seen interest from countries including Indonesia, Russia and South Africa for the cars that could cost around \$450,000, CDN or more.

The prototype that crashed will be displayed at the Milan Expo 2015.

The vehicle for two is six metres long so it fits neatly in a parking space or garage and tanks up at any filling station.

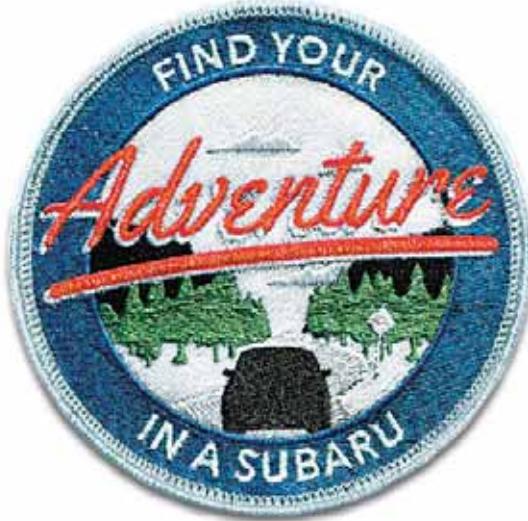
But once it reaches an airport it can unfold its wings within seconds and become a plane.

Once airborne, it can reach a top speed of 200 km/h and travel as far as 700 kilometres, consuming 15 litres of gas per hour.

"It integrates two utilities in a similar way as a smartphone, which is a good phone and Internet browser in one," said AeroMobil spokesman Stefan Vadocz. "In the past you needed two separate products." AFP



Engineer Stefan Klein shows off his car models in Bratislava, Slovakia. AFP PHOTO/SAMUEL KUBANI



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Google's self-driving cars clock up 1 million miles

TECH

Autonomous vehicles still face challenges, experts say

Internet search giant Google has hit a significant milestone: Its self-driving cars have now covered more than 1 million fully autonomous miles (1.6 million kilometres).

"Along the way, we've navigated more than 200,000 stop signs, 600,000 traffic lights, and seen 180 million vehicles — with several thousand traffic cones, some fluttering plastic shopping bags, and a rogue duck thrown in for good measure," said Google's co-founder Sergey Brin of the achievement.

Google only began testing its self-driving vehicles in 2009, but has already officially covered more autonomous test miles than any single car manufacturer. All of which is making the company very positive and confident in its belief that the self-driving car is going to become a reality on real-world roads very shortly.

"We're taking this million-mile milestone as further proof that fully self-driving vehicles will become a reality, and we're looking forward to finding out where the next million miles will take us," said Brin.

Last month, Google announced it had covered more than 2.7 million kilometres in

12

Number of accidents Google's self-driving cars have been involved in since 2009.

GOOGLE

total driving with its specially adapted fleet of Toyotas and Lexus cars — which start out life as regular cars before being retrofitted with sensors and cameras — not by the battery-powered pod prototypes that it hopes to one day put into production.

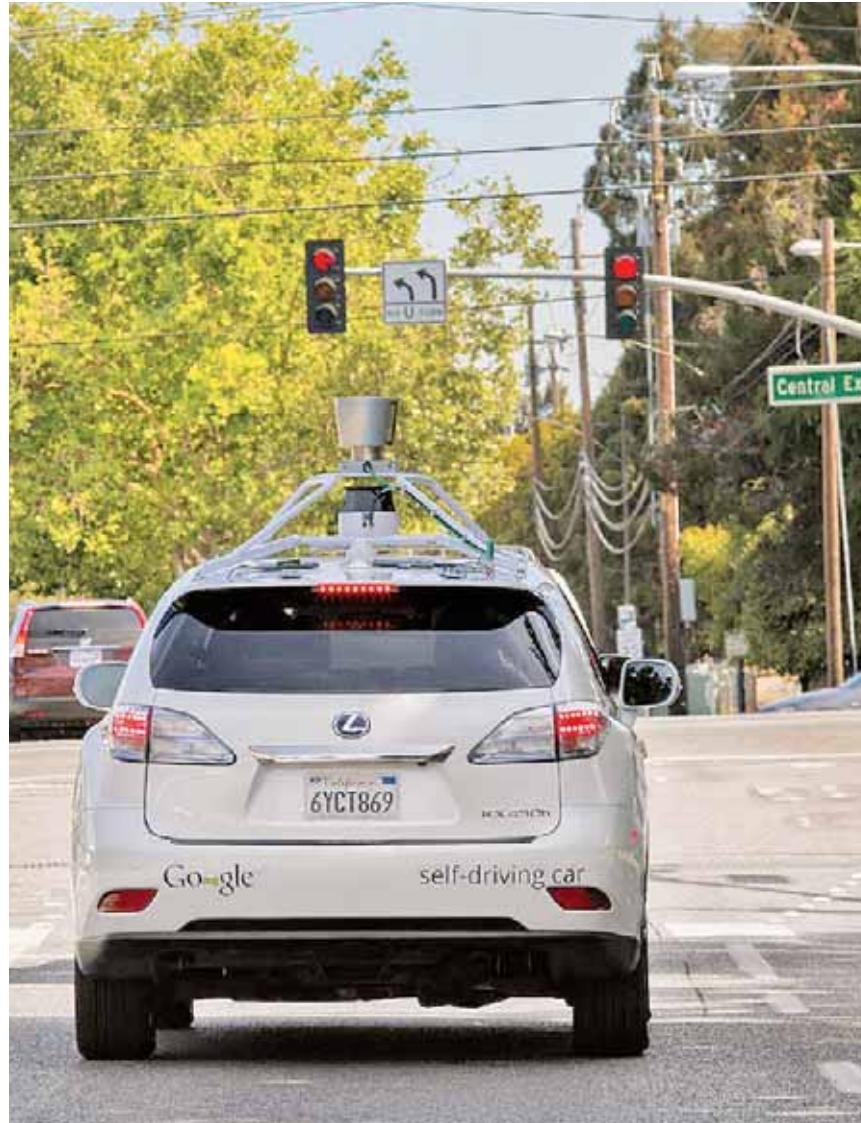
What's more, the majority of the testing has taken place on freeways, rather than inner-city roads where driving conditions are much more unpredictable and the risks of an accident are greater.

During its shareholder meeting last week, Google admitted its cars had been involved in 12 accidents to date, the most recent occurring at the end of May. All the accidents were minor with no injuries reported, the company said.

According to Brin, the Google car has never been at fault and the company's aim wasn't perfection but a car that was better at driving than a human.

Autonomous driving experts note that despite Google's achievements thus far, there are still significant challenges to overcome, such as travelling on routes which have not been mapped or taking different types of action when faced with different types of obstacle.

Google plans to start testing its cars on the streets of Manhattan this year as part of a steeper learning curve and, according to project leader Chris Urmson, the company is still convinced it can deliver a truly autonomous car by the end of the decade. AFP



Google is to bring its self-driving cars to Manhattan this year for further testing. GOOGLE INC.

ANTI-COLLISION TECH Prevent rear-end collisions

Systems that automatically brake or warn drivers to avoid rear-end collisions should be standard in all new cars and trucks, according to a U.S. National Transportation Safety Board report released Monday.

The systems could prevent or mitigate more than 80 per cent of the rear-end collisions that cause about 1,700 deaths and a half-million injuries annually, the report said.

Some of the collision-avoidance systems issue a warning to drivers that a collision is imminent, but do not automatically brake. The board recommended manufacturers begin by making a warning system standard, and then add automatic emergency braking after the National Highway Traffic Safety Administration completes standards for them.

When the systems are offered as options, they are typically on high-end vehicles and are often bundled with non-safety features, such as heated seats or faux leather interiors, making the overall package more expensive.

"You don't pay extra for your seatbelt," NTSB chairman Christopher Hart said. "And you shouldn't have to pay extra for technology that can help prevent a collision."

But the Alliance of Automobile Manufacturers said collision-avoidance systems should remain optional.

"There are almost two dozen driver assists on sale now, and some consumers may prefer a 360-degree camera view or parking assist," said Gloria Bergquist, vice-president of the Alliance. "Automakers see automatic braking as helpful to consumers, but consumers should decide what they want and need."

THE ASSOCIATED PRESS

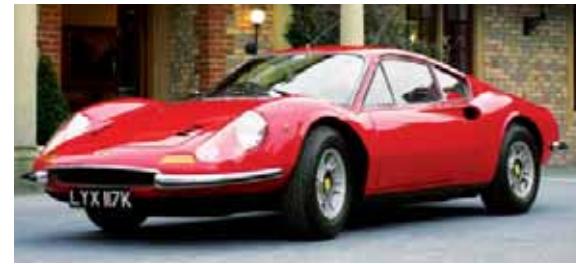
DESIGN

Ferrari to resurrect coveted Dino model

Ferrari is indeed dusting off the Dino badge for an all-new V6 model, company chairman Sergio Marchionne has confirmed, generating ripples of excitement within the Ferrari-owning community.

The original Dino 206 GT and its successors, the 246 GT coupe and GTS targa are among the most cherished and collectible of Ferrari classics.

However, if those ripples are to turn into a tidal wave of enthusiasm, the company is going to have to build something worthy of the hallowed



A new Ferrari Dino is to debut in 2018. PARC FERME EXPERIENCE LTD

Dino emblem.

The original Dino debuted in 1968 and was a revolutionary

mid-engine and as a result, its handling surgical, and that engine was a 2-litre V6, not a V12. It was the first Ferrari built for the road, not the track, and looked beautiful thanks to Pininfarina's flowing curves. And lastly, it was called Dino in honour of Enzo Ferrari's son, Alfredo "Dino" Ferrari.

There is not a single Ferrari badge or reference anywhere on the car. The name Dino was chosen because during his short life, (Dino died, aged 24, in 1956 from muscular dystrophy) he had pestered his

father about developing a V6. And that name lived on until 1976 when Dinos became Ferraris.

The new car, expected in 2018, will have a mid-mounted V6, like the original, however it will get two turbochargers and be capable of outputting more than 500bhp.

Add in a price point expected to be around \$250,000 CDN, and it could be a direct challenger to the Porsche 911 Turbo, Audi R8, Aston Martin Vantage and the new McLaren 570S. AFP

IN BRIEF

Ford updates to Sync 3

Automaker Ford's third-generation connected infotainment system Sync 3 will reach the Ford Fiesta and Escape in North America this summer. With Sync 3, the touch screen responds to swipes and pinch to zoom, just like a handset's display. Ford has also been working with voice recognition firm Nuance, which had a hand in developing Apple's Siri, to improve the system's voice commands. AFP

5

CLOSER LOOKS AT THE 2016 CADILLAC CT6

The new rear-wheel drive Cadillac CT6 overlaps with the smaller CTS and the large front-drive XTS. The difference: styling and features. It looks like Cadillac has designed the CT6 for buyers who like the large rear- and all-wheel-drive BMW and Audi sedans, but want a more affordable option. JEFF MELNYCHUK WHEELBASE MEDIA

**1 400 horsepower**

The new optional twin-turbocharged 3.0-litre V6 should provide a decent balance of power and economy, if you're gentle with the throttle. It also has auto shut-off/restart to save fuel.



CADILLAC PHOTOS

2 See this

Digital display show images of gauges. Owners/users can pick the style they prefer. There's also an actual shift lever for the eight-speed automatic transmission and not buttons or knobs.



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4 Listen to this

Optional Bose audio system has 34 speakers. Thirty. Four. Those speakers are to be placed "strategically" throughout the cabin, with almost all of them measuring just about four inches in diameter.

**5 Roll 'em**

Wheels at 18, 19 and 20 inches. They support a CT6 that is about 25 centimetres longer than the current CTS and has about the same length added between the front and rear wheels.



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SHUTTERSTOCK

Not all prenatal vitamins are equal

Some may be harmful during pregnancy

There is no doubt that a balanced diet is the best way to get the proper vitamins and minerals you need.

But for pregnant women, diet alone might not be enough, and supplementing with a prenatal vitamin may help fill in the gaps. Prenatal vitamins have been found to reduce the risk of health complications in newborns, including low birth weight and spina bifida. Unfortunately, not all prenatal vitamins are created equal and some might actually do more harm than good.

"The first thing to examine when choosing a prenatal vitamin is its non-medicinal ingredients," says Kent MacLeod, clinical pharmacist and owner of NutriChem. "If a vitamin contains artificial colour and preservatives, then it should be avoided."

Most over-the-counter drugstore brands contain artificial colour such as FD&C Red No. 40, an ingredient being researched for its possible toxicity and its effect on mood and attention deficit disorders. Other prenatal

vitamins may contain lactose, which, for a lactose-intolerant mother, can cause gastrointestinal upset.

The second thing to look for when choosing a prenatal vitamin is whether it contains high-quality absorbable forms of vitamins and minerals, MacLeod says.

Some vitamins are more absorbable or better utilized by the body than others. There are many people who have difficulty utilizing folic acid due to a genetic variance, and must turn to an active form of folic acid called methylfolate. A prenatal vitamin with methylfolate is considered a better choice overall.

Custom prenatal vitamins are gaining popularity in Canada.

"Clients often ask me what is the most important nutrient to take during pregnancy," MacLeod says. "The answer is the one they are missing."

Custom prenatal vitamins are based on extensive biochemistry testing offered by NutriChem Pharmacy and Clinic.

NutriChem has two locations in Ottawa and most of its services are covered by extended insurance plans.

For more, visit nutrichem.com.

metro SPORTS

Barcelona extended coach Luis Enrique's contract through 2016-17

Wednesday, June 10, 2015



IN BRIEF

Change of surfaces doesn't cure Bouchard's slump

Back on her favourite surface, top-seeded Eugenie Bouchard lost in the first round at the Topshelf Open on Tuesday.

Bouchard, who last year became the first Canadian to reach a Grand Slam singles final at Wimbledon, was beaten by Yaroslava Shvedova of Kazakhstan 6-4, 1-6, 6-4.

Bouchard reached three consecutive Grand Slam semifinals last year but is going through a difficult season, having lost nine of her past 10 matches, and dropped out of the Top-10 rankings. She lost her opening match at the French Open. THE ASSOCIATED PRESS

Burzaco surrenders to police in FIFA scandal

An Argentine businessman who was indicted by U.S. authorities in connection to the FIFA corruption case turned himself in to Italian police on Tuesday.

Bolzano police official Giuseppe Tricarico told

The Associated Press that Alejandro Burzaco arrived at the local police station Tuesday morning with an Italian lawyer and also a Spanish-speaking lawyer.

Police spokesman Francesco Bianco later told the AP that Burzaco, who is accused of being involved in a \$110 million bribe, was placed under house arrest after a hearing in the northern Italian city. THE ASSOCIATED PRESS

NBA FINALS



Go to [metronews.ca](#) for coverage of the Game 3 of the Finals.



WOMEN'S WORLD CUP FRANCE STRONG-ARMS ITS WAY PAST ENGLAND England defender Laura Bassett, left, and France midfielder Camille Abily vie for the ball during a Group F match at the Women's World Cup in Moncton, N.B., on Tuesday. Eugenie Le Sommer scored in the 29th minute to help France to a 1-0 win. Sarah Bouhaddi had a clean sheet in the tournament opener for both teams. Also in Group F action on Tuesday, Colombia and Mexico played to a 1-1 draw. Meanwhile in Group E play in Montreal, Spain and Costa Rica tied 2-2, and Brazil defeated South Korea 2-0. FRANCK FIFE/AFP/GETTY IMAGES

Canada's Bélanger called upon to get defensive

WOMEN'S WORLD CUP

Normally a forward, Quebecer fills void at fullback

Two games into an unexpected stint as a fullback, Canada's Josée Bélanger looks right at home.

The converted forward has stepped up since being called on due to injuries to Rhian Wilkinson (hamstring) and Marie-Eve Nault (calf).

Bélanger set up Sophie Schmidt's goal in a 1-0 win over England in Canada's final outing before the Women's World

Cup. And the 29-year-old from Coaticook, Que., rattled a shot off the crossbar in Canada's 1-0 win over China in the tournament opener Saturday.

And like Allysha Chapman on the left side, the pacey Bélanger has consistently charged up the flank. Both fullbacks played important roles against China as Herdman went to a more offensive 3-4-3 formation late in the game, pushing the fullbacks up high to press for the go-ahead goal.

As with most of his players on the day, Herdman saw positives and negatives in their play.

"Brilliant. It was great to watch Chapman and Bélanger join in and bring that modern



Whatever the team needs, I'll be ready.

Josée Bélanger

fullback to the game," Herdman said. "But at the same time they were a little bit sloppy at times and we're going to work on some of their decision-making. They're

the things we keep improving during the tournament."

While Wilkinson and Nault are working their way back to full health, Bélanger has been a welcome temporary fix. And she may be back on the right flank Thursday when eighth-ranked Canada plays No. 17 New Zealand at Commonwealth Stadium.

New Zealand, the team John Herdman left to coach Canada, lost its tournament opener 1-0 to the Netherlands on Saturday. The Football Ferns are 0-9-1 at the World Cup, with Herdman in charge for the lone point earned in 2011.

Herdman tried Bélanger out at fullback during part of a pre-tournament training match with

Nigeria at Toronto FC's practice ground. Despite her lack of experience at the position, Bélanger was quick to see ways to use her technique and pace operating at fullback.

"I can combine with the forwards," said Bélanger. "I know a little bit more (about) their runs because I'm a forward. So I know what they're doing and I can join (in) with my speed."

Herdman talked to Bélanger briefly about her new role, but then left her alone. "I think he appreciated the fact that I'm actually not thinking too much and I'm playing on instinct. It actually feels good as a player to play with instinct. You're more in a rhythm." THE CANADIAN PRESS



Grand Rapids head coach Jeff Blashill is now in charge of the Red Wings. JOEL BISSELL/THE GRAND RAPIDS PRESS/THE ASSOCIATED PRESS

NHL

Blashill replaces Babcock in Detroit

Jeff Blashill was hired Tuesday by the Detroit Red Wings, ending a fairly unsuspenseful coaching search that began when Mike Babcock left to take over the Toronto Maple Leafs.

Blashill has coached Detroit's minor league affiliate in Grand Rapids for the past three seasons, and he was an obvious candidate for the Red Wings once Babcock left. Detroit general manager Ken Holland acknowledged right away that he was going to talk

to Blashill about the job, but the Griffins made it to the conference finals in the AHL playoffs. Blashill's promotion was announced Tuesday.

Blashill led Grand Rapids to the Calder Cup in 2013. He says he'd been eyeing the Red Wings' job since it became clear Babcock's future was uncertain. A Detroit native, Blashill coached at Western Michigan before joining the Red Wings' organization.

THE ASSOCIATED PRESS

IN BRIEF

Enter Sandman the sequel

Iona College right-hander Mariano Rivera III, son of the former Yankees closer, was drafted in the fourth round with the 134th pick Tuesday by the Washington Nationals.

Rivera was 5-7 with a 2.65 ERA and a school-record 113 strikeouts with 27 walks in 85 innings this season for the Gaels, and was named Metro Atlantic Athletic Conference's pitcher of the year.

THE ASSOCIATED PRESS

Irish management in crash

Five members of Ireland's coaching staff, including manager Martin O'Neill and assistant coach Roy Keane, have been involved in a road traffic accident near Dublin.

None of the five were badly hurt in the incident Tuesday. The Football Association of Ireland posted on Twitter, saying the vehicle "was rear-ended in traffic."

THE ASSOCIATED PRESS

Hedman's rare mix of 'size, speed and smarts'

STANLEY CUP FINAL

Praise aplenty for Swedish blueliner who's boosting Bolts

Anton Stralman witnessed Victor Hedman fire a 120-foot slap pass to Ryan Callahan for a goal, and then lead the rush and set up Cedric Paquette for the game-winner.

"How do you find those plays, man?" Stralman asked his defense partner in the Lightning locker-room after Tampa Bay edged Chicago 3-2 in Game 3 of the Stanley Cup final. Hedman had no real answer then, just like the Blackhawks have no answer for the six-foot-six, smooth-skating, two-way defenceman in this series. He's by far the biggest reason the Lightning lead the Cup final two games to one and is their biggest X-factor on hockey's biggest stage.

"Words can't describe the force he's been out there for our team, not just offensively, but defensively," captain Steven Stamkos said. "He's been an absolute beast for us out there. Very rare do you see the combination of size, speed and smarts."

Chicago's Duncan Keith has the speed and smarts, just like other elite defencemen who led their teams to the Cup. Hedman is more physically imposing, has the kind of long reach that is frustrating the Blackhawks and the wherewithal to see plays de-



Tampa's defenceman Victor Hedman, left, has outplayed everyone including Chicago Blackhawks' star Jonathan Toews, right, so far in the Stanley Cup Finals. MIKE CARLSON/GETTY IMAGES



He's great player, he's a big guy, he can skate, he can move, he can pass, he can shoot. He's got all the tools.

Chicago defenceman Brent Seabrook

veloping seconds before they do.

Lightning veteran Brenden Morrow likened Hedman to Hall-of-Famer Scott Niedermayer, perhaps not as smooth but with the same kind of ability to get around the ice. In this series he is

Tampa Bay's answer to Keith, the

31-minute-a-night defenceman who has been the Blackhawks' best player.

"In a lot of ways, yeah, he is a guy like Duncan who makes, more times than not, the players he's out there with better," Chicago captain Jonathan Toews said Tuesday. "He's one of those guys we definitely need to get on a little bit more."

Hedman, a Conn Smythe candidate if the Lightning win, presents a two-sided problem for the Blackhawks. For one, he and Stralman have for the most part clamped down on Toews and linemates, and at the other end he has wreaked havoc with a series-high four assists.

In Game 3 Monday night, Hedman made the two best plays of

the night. With Callahan waiting at the far blue-line, the young Swede saw a Chicago defender fall and sent a perfect tape-to-tape stretch pass to him for the first goal.

With just a few minutes left and the score tied, Hedman carried the puck up the ice, froze the Blackhawks and threaded a pass that Paquette just had to re-direct into a wide-open net.

"I try to take advantage of my speed obviously and try and take what's there," Hedman said.

Coach Jon Cooper pointed out it's often a long evolution for a defenceman, and that Hedman, now in his sixth NHL season and second long playoff run, "has arrived."

THE CANADIAN PRESS

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Sweet peas puréed with Parmesan and a light mayo dressing are so delicious served over a toasted crostini. An easy and bright appetizer for summer.

Ready in

Prep time: 15 minutes

Ingredients

- 8 slices baguette (1/2 inch thick by 2 inch wide)
- 2 cups frozen peas, defrosted and drained
- 1 small garlic clove
- 1/4 cup grated Parmesan cheese
- 2 Tbsp light mayonnaise
- 1 tsp lemon juice
- Salt and pepper

- 3 Tbsp olive oil
- 8 cooked baby cocktail shrimp

Directions

1. Spray baguette slices with oil on both sides. Toast or broil until brown on both sides.
2. In a mini food processor, add remaining ingredients except for shrimp. Purée until smooth.
3. Divide over baguettes and garnish with one shrimp per slice.

Nutrition per serving

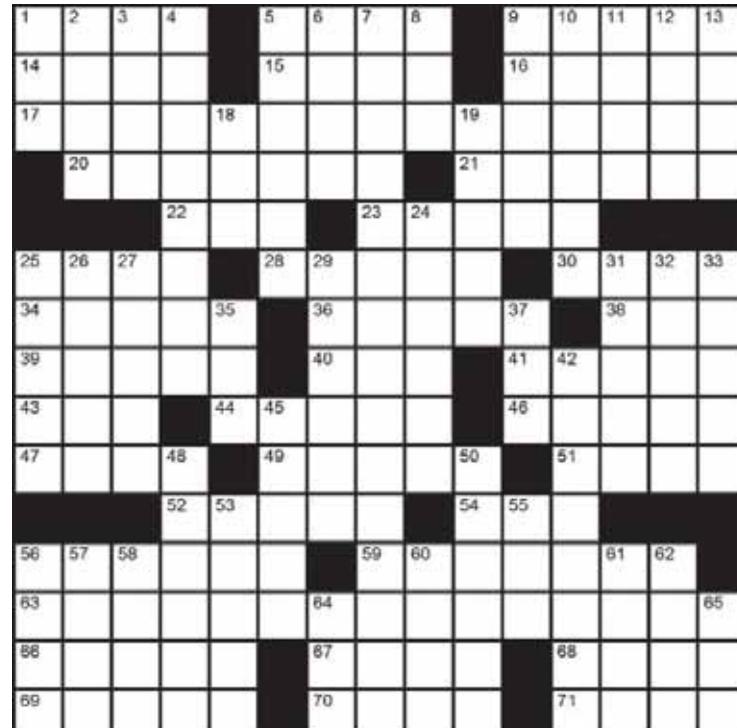
- Calories 165
 - Carbohydrates 21.5 g
 - Fibre 2 g
 - Protein 7 g
 - Fat 7 g
 - Saturated Fat 1.5 g
 - Cholesterol 10 mg
 - Sodium 245 mg
- PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Old Rome's 1300
5. Wing _ prayer
9. Pipe alternative
14. "Whoops!"
15. __ Athlete Dying Young (A.E. Housman poem)
16. Commander __ (Lorne Greene's "Battlestar Galactica" role)
17. The variantly-spelled Baxwabkwa-lanuksiwe' is a __ in the mythology of British Columbia people. The Kwakwaka'wakw
20. Newfoundland: Twillingate = 'The __ Capital of the World'
21. Investigations
22. Mr. Craven
23. Watercolour hue
25. Cousin of "Pshaw!"
28. "Isn't __ bit much?" (Over-the-top observation)
30. Chatter, variably
34. Fragrant oil from flowers
36. Sandwich orderer's specification: 2 wds.
38. Mr. Cheadle
39. Trendy avenue of Edmonton's historic Old Strathcona district
40. Classic range cooker company
41. Frighten
43. Conger __
44. Power
46. __ New Guinea
47. Jackie Wilson's __ Petite"
49. Hymn
51. After mil. combat affliction
52. Appraising person
54. Mr. Asner's
56. Ground sesames paste
59. Royal's adornments
63. What posters urged Canadians to do in WWI in order to raise money: 3 wds.
65. Cedar on Vancouver Island)
66. Skyscraper framing material
67. Put __ writing
68. Nav. rank
69. Shipping ter-
70. Questions
71. Skin lotion brand
72. Close-mouthed
73. Spicy tea
74. Regarding [abbr.]
75. The __ Giant (It's a huge Western Red
76. Utter absurdity



11. Outfit
12. Marie-Claire's friend
13. Some rodents
18. Pres. Lincoln
19. Flare
24. Tel Aviv's land
25. Cat, when trying to reach for something
26. "... __ wed."
27. Fashion sense
28. Sore throat speaker's tone
31. Adjust
32. __ Entertainment (Canadian media company)
33. Work the dough
35. TKO caller
37. Clairvoyance, e.g.
42. Key between Tab and Shift: 2 wds.
45. Eyeball connection, __ nerve
48. Pot holder
50. FOX News anchor Ms. Kelly's
53. Indigo dyes
55. Smidgen
56. Recipe meas.
57. Car
58. Martha of "Some Came Running" (1958)
60. The Phantom's name in Gaston Leroux's classic novel The Phantom of the Opera
61. "I've Got the Music" by The Kiki Dee Band: 2 wds.
62. Env. info
64. Actress Ms. Texada
65. __ Lanka

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

Don't just sit there brooding about your problems, get up and do something about them. Better still, forget about them altogether and have fun with your friends. Life is only a trial if you choose to make it a trial.

Taurus April 21 - May 21

If you receive a financial offer of some sort today you must make up your mind about it straight away. If you leave it until tomorrow chances are it won't be there any more, so say 'Yes' or say 'No' but say something!

Gemini May 22 - June 21

Mercury, your ruler, turns direct tomorrow, so if there is something you need to say you should wait to say it until after then when the words will come more easily and others will be more prepared to listen.

Cancer June 22 - July 23

You feel trapped, unable to move one way or the other. But who says you have to move? Who says you have to do anything? Most likely the only restrictions in your life are the ones you have placed on yourself.

Leo July 24 - Aug. 23

The things you believe in today will not be the things you believe in towards the end of the week. Your views and opinions are about to undergo a major change. Be flexible.

Virgo Aug. 24 - Sept. 23

If a colleague tries to lay the blame for some kind of failure at your door today you must let them know you do not accept their verdict. Joint projects mean joint responsibility: they would soon claim the glory if it was a success.

Libra Sept. 24 - Oct. 23

Something you've always believed in will be called into question today, but don't abandon it yet. It might be the case that someone is deliberately trying to put doubts in your mind — for their own glory and profit, of course.

Scorpio Oct. 24 - Nov. 22

Check the small print and scrutinize the details of anything that is put in front of you today. The planets warn there is something there you won't agree with. It may not be a deliberate error but it could still be costly.

Sagittarius Nov. 23 - Dec. 21

If there is something important you need to say to a partner or relative put it off until tomorrow when Mercury, planet of communication, resumes its normal direction. After that, "I love you" will be a lot easier to say.

Capricorn Dec. 22 - Jan. 20

You may have to work with someone you do not much like over the next 24 hours. If you're smart you'll hide your feelings and get on with the job. Just because you don't like them does not mean you can't work with them.

Aquarius Jan. 21 - Feb. 19

Avoid making any promises until Mercury, planet of communication, turns direct tomorrow when you will have a far better chance of delivering on them. You can still be enthusiastic but don't get carried away.

Pisces Feb. 20 - March 20

A few words from you could be all it takes to cheer up someone who is depressed. Remind them they still have much to smile about, that life is supposed to be fun. You are, after all, living proof of that fact.



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